

LEGUMES

Legumes are a good source of protein, which is important for our bodies to build strong muscles that keep us healthy and active.

Replacing animal proteins with plant proteins is beneficial because plants have more fiber, vitamins, and minerals, while containing less sodium, very little saturated fat and no cholesterol.



Some examples of legumes are kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils.

EAT BETTER. LIVE BETTER.

Legumes are unique as they fall into two food groups: Vegetable and Protein

MYPLATE TIP

Make legumes a regular part of your meals by eating a serving of legumes, ½ cup, a few times per week.

FOUR WAYS TO ADD MORE LEGUMES INTO YOUR DIET

- 1. Add them to a salad.** Chickpeas and black beans are a great protein addition to any salad.
- 2. Add beans to rice dishes.** Black eyed peas and brown rice make a protein-rich side dish.
- 3. Give hummus (chickpea spread) a try.** It is great as a dip, but it can also be used in place of mayonnaise on a sandwich.
- 4. Add beans to soups and stews.** Use black or pinto beans in addition to kidney beans in chili.

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.